













## Perihelion Day

While the Earth does rotate around the Sun, this orbit pattern does not fall into a perfect circle but, instead, happens in an oval shape called an ellipse. This means that the Earth is regularly moving closer to, and then further away from the Sun. In the year 1596, the scientific understanding of the Earth's proximity to the Sun continued to be explored by scientists and astronomers. It was in this year that the term 'perihelion' was coined by Johannes Kepler. At the same time, the term 'aphelion' was used to note the day when the Earth was the furthest from the Sun, falling in the summertime.

## #WELL-BEING

## International Mind-Body Wellness Day

Get the year started off right by participating in various forms of learning and practicing to keep mind and body healthy and well.



International Mind-Body Wellness Day is the perfect time to make a renewed commitment to love your body and your mind by implementing new ideas for growth and health in the coming year!

In a society that is often rushed by the demands of modern life, it is important to take a moment to reflect, think and actively participate in behaviours that promote holistic wellness. The observance of this day invites people around the world to

## How to Celebrate International Mind-Body Wellness Day

Take a look at some of these ways to celebrate International Mind-Body Wellness Day! Use the day to get started on some healthy new habits like some of these.

## Take a Yoga Class

Yoga offers all sorts of benefits that integrate the mind with the body. In addition to critical movement and stretching exercises, yoga also incorporates deep breathing exercises that can help with calmness and relaxation of the mind while reducing stress. Consider some of these

- Increased flexibility and muscle tone.
- Improved energy, vitality and respiration.
- Circulatory and cardio health.
- Promoting a balanced metabolism.

## Practice Breathing Exercises

While everyone breathes, not all the time, intentional breathing practices can provide the body and mind with many benefits. Deep breathing exercises allow more air to flow into the body, which helps to calm the nerves, reduce stress, lower pain levels and even increase the attention span. This type of breathing can even lower the blood pressure and help with management of the symptoms of anxiety and depression.

Try some of these ideas for simple and easy breathing practices on International Mind-Body Wellness Day.

- **Mindfulness Breathing:** Choose a calming sound or positive word and repeat it silently while slowly inhaling and exhaling. If the mind drifts, simply

## Drink Lots of Water

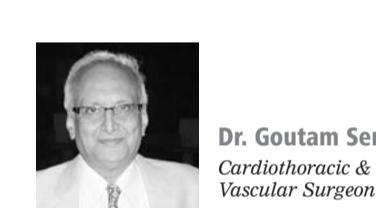
Hydration is a critical part of keeping the body healthy which, in turn, keeps the mind working properly. Dehydration can cause a variety of physical health prob-

lems, including urinary and kidney problems, high heart rate with low blood pressure, muscle soreness and cramps, dry skin, physical exhaustion and fatigue.



## Social Media Ban for Children...

Who has the patience to take half an hour or more to feed an active and restive child? Once the habit gets ingrained, the mobile becomes the main appliance to divert a difficult child. Experts vehemently advise that mobile devices be kept away from a growing child. They have a large array of reasons for doing so. They allege, amongst many, that vision, hearing, intellect and physical wellbeing can be affected. The child can become demanding and cranky when mobile ban is enforced. Further, the sleep patterns may be affected. The controversies abound and each set of parent will vouch for their way of bringing up to be the best way to do so.



Dr. Goutam Sen  
Cardiothoracic &  
Vascular Surgeon

embark on a journey of self-discovery and self-care. This day encourages individuals, all throughout the world, to emphasize on self-care, mindfulness practices, and healthy lifestyle choices because it recognizes the significant impact that a balanced mind-body relationship has on overall wellness. It acts as a reminder of how crucial it is to promote balance between our bodily and mental selves, ultimately enabling people to live longer, happier lives by adopting intentional, all-encompassing wellbeing practices.

**I**n the whole animal kingdom, the upbringing of the next generation is a major concern. There are basically divided into feeding, survival instincts and procreation. They vary according to the species. Birds and smaller animals are focused on survival while, larger predators are inclined towards training how to hunt for food. It is amazing that the methods used for all these have not changed since the beginning of time. It has become a part of their genetic makeup. The main reasons for variation have been the climate and terrain. For example, birds have been known to disappear from breeding areas if water and plants are scarce or there are too many predators. Larger animals have moved into urban areas due to shrinking forests.

It is the human species which has had to modify its systems from the early 'forgetting' of the 'gatherer' days to what is considered 'modern' today. The last century is probably the one with the largest number of innovation and inventions, requiring re-evaluation of

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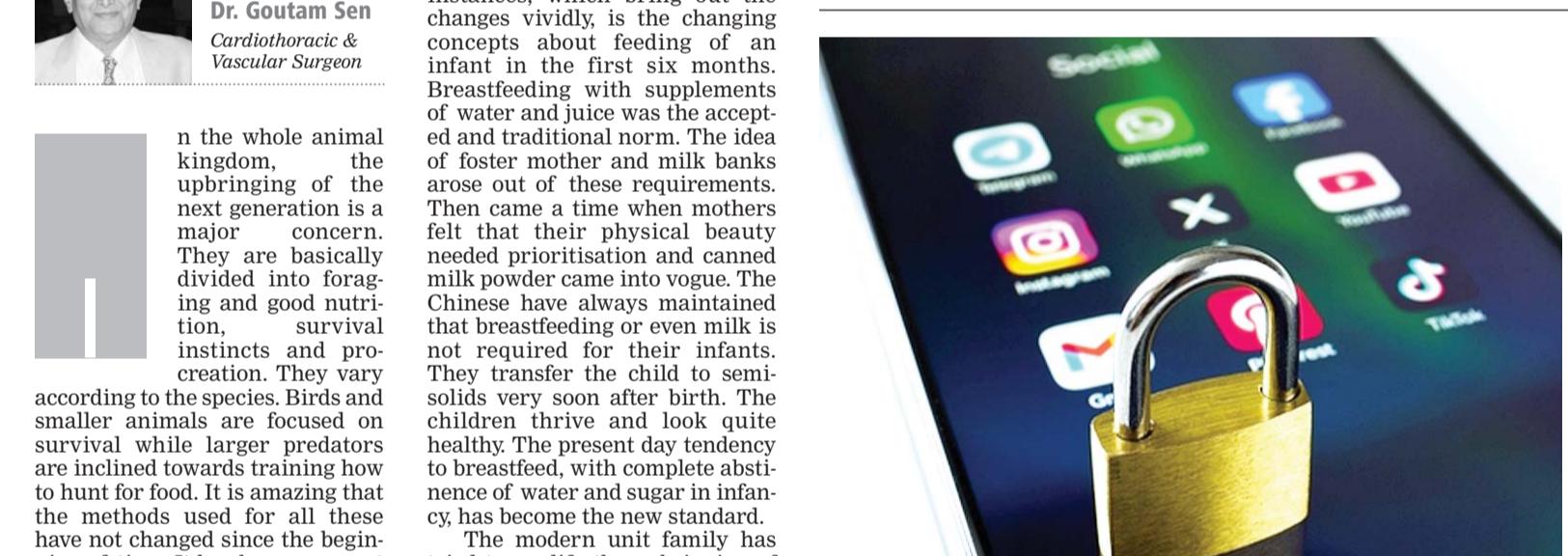
All the same there is universal concern about using devices to divert the growing child. Recently, the use of mobile devices and heavy influence of the social media has become a red hot issue.

It has even become a major concern at the governmental level.

The Australian government proposes disallowing children below the age of 16 years from using the internet, particularly to participate in the social media. The

introduction of electronic gadgets and easy communication through the internet has undoubtedly slipped into the young person's life.

Although every parent agrees that mobiles and I-pads should not be given to a growing child, they are the first ones to break the rules for their own convenience.



## #SOCIAL MEDIA BAN



## #

Social media platforms might resist or not fully cooperate with the ban, making enforcement difficult for obvious commercial reasons. Smart minors might find ways to access alternative social media platforms or online services that are not subject to the ban. Parents and guardians might need to take a more active role in monitoring their children's online activities. This could be time-consuming and challenging. Educating minors, teachers, parents and the broader community about the reasons behind the ban and potential risks associated with social media use could be essential for successful implementation.

Some examples of Healthy Social Media Initiatives are Instagram's 'Take a Break' feature. This encourages users to take regular breaks from the platform. Similarly, Facebook's 'Mental Health' resource provides users with access to newer mental tools. Twitter's 'Healthy Conversations' initiative aims to promote healthy online conversations and reduce harassment.

Parents and guardians might need to take a more active role in monitoring their children's online activities, which could hinder their personal autonomy. All the same, this will be beneficial to both children and parents alike. For one, it will be a major renewal of bonds, which are sorely lacking in the unit families, particularly, with the wage earner. The pre-

vention of the elders in the family helps in diversion from excessive social media use. There are many psychological effects in allowing the minor to isolate oneself in their rooms with devices open to social media. They do not have the maturity to distinguish between dark messages and useful ones.

There is a fair amount of education required for the parents to identify what aspects of social media are to be avoided.

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# नीतीश व महागठबंधन : लालू ने न्यौता दिया, तेजस्वी तैयार नहीं

दूसरी ओर नीतीश ने कहा लालू जो कहें, कहने दो, इसका ज्यादा महत्व नहीं

पटना, 02 जनवरी। राष्ट्रीय जनता दल (राजद) के अध्यक्ष लालू प्रसाद यादव ने एक बार फिर बिहार के मुख्यमंत्री एवं जनता दल यूनाइटेड (जय) के राष्ट्रीय अध्यक्ष कुमार को न्यौता दिया था, उनके पुरुष और बिहार के नेता प्रतिपक्ष तेजस्वी प्रसाद यादव ने इस पहल से असहमति जारी और कहा कि यह राष्ट्रीय प्रमुख का मीडियो के बारे बार पूछे जाने वाले सवालों को शांत करने का प्रयास है।

लालू प्रसाद यादव ने बुधवार रात बयान दिया कि यदि नीतीश कुमार भारतीय जनता पार्टी (भाजपा) का साथ छोड़कर महागठबंधन में लौट आते हैं तो उनके पुरुष लालू यादव ने वर्ष 2015 में उन्होंने फिर से यू-टर्न लेते हुए किया कि लालू प्रसाद यादव का इस बयान ने वापसी कर ली।